



Senior Moments

LAC DU FLAMBEAU AGING & LTC PROGRAM

SEPTEMBER 2016

Needs Assessment, Identifying Our Needs: A Survey of Elders

This survey assists our Tribe in creating a record of the health and social needs of our elders. Survey results document the needs of our elders to help with tribal planning, long-term care discussions, and grant applications. The results also satisfy the requirement for Title VI nutrition and caregiving grants from the Administration on Community Living (ACL) which are awarded every three years.

Data is collected on: general health status, activities of daily living, vision, hearing and dental care, screening, healthcare access, tobacco and alcohol usage, weight and nutrition, social support/housing, demographics, and social functioning. The survey was constructed using questions from nationally administered questionnaires so comparisons could be made with data from the general U.S. population. When you participate your Aging Program will receive detailed results as well as a compilation of the results from all the Native elders surveyed. These results are compared to statistics from the general U.S. population to determine the extent of existing social and health differences.



Lac du Flambeau Tribal Elders who complete a Needs Assessment Survey will be entered into a drawing for prizes.

We cannot hold the drawing until all 197 survey are completed.

A list of prizes will be posted and available at the Senior Center on September 15, 2016.

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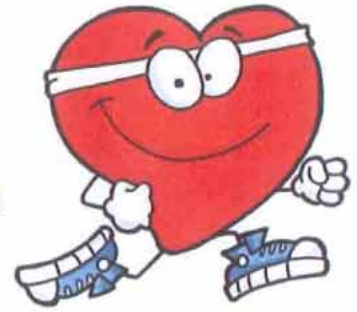
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EXERCISE FOR SENIORS

People who have trouble maintaining their balance have an increased risk for falling. This can be a particularly dangerous situation for older adults.

In the United States, one in three adults aged 65 and older falls each year. Of those who fall, 20% to 30% suffer moderate to severe injuries and increase their risk of early death, according to statistics from the Centers for Disease Control and Prevention (CDC). And, when it comes to serious injuries, more than 90 percent of hip fractures are caused by falls.



Regularly doing a few gentle, at-home exercises may help your elderly loved one enhance their coordination and decrease their risk of falling. The following movements should be done next to a person, chair, or railing, that can be used for balance in case your loved one becomes unsteady. A senior should not engage in exercises that seem overly challenging, unless they have been given the go-ahead by their doctor.

Here are five quick exercises that a senior can do to improve their balance:

Tightrope walk: Just like a tightrope walker in a circus, this exercise requires elders to hold arms straight out from their sides, parallel to the floor. With arms positioned like this, ask your loved one to try walking in a straight line, pausing for one or two seconds each time he or she lifts their back leg off of the ground. Have them take between 15 and 20 steps this way. While they walk, tell them to try looking at a spot in front of them to keep the head straight and help maintain balance.

Rock the boat: For this exercise, your loved one should begin by placing their feet hip-width apart. Instruct them to make sure that each foot feels like it's pressing into the ground with the same amount of force. This will ensure that their weight is evenly distributed across both legs. With their shoulders back and their head level, tell them to slowly transfer their weight to one side, lifting the opposite foot off of the ground. They should try and hold their leg off the ground for as long as they comfortably can, but no longer than 30 seconds. Then, instruct them to slowly transfer their weight back onto both feet and repeat the process on the opposite side. They can initially try to repeat this process five times on each side, eventually working their way up to more repetitions as they begin to feel more comfortable with the exercise.

Toe the line: Also known as the "heel-toe" walk, this exercise involves placing the heel of one foot so that it's touching the toes of the other foot. Your loved one may or may not be able to get the heel and toes to totally touch, but that's fine, just encourage them to try and get the heel and toes as close as they comfortably can. Tell them to try and take between 15 and 20 steps in that same manner—touching the heel of their front foot to the toes of their back foot.

Flamingo stand: This one is pretty simple—your loved one is basically just standing on one leg while holding on to the back of a chair. They can start off standing on one leg for ten seconds, and then repeating that five to ten times. Once they've done that, tell them to do the same thing on the other leg. Your loved one may find that it's less taxing to stand on one particular leg than it is to stand on the other—this is normal. It's important to remind your loved one to try and maintain good posture (shoulders, back, head straight, ears over your shoulders) as much as they can while doing this exercise. Once they've mastered the simplest form of this exercise, tell them to try reaching the foot that is off the ground as far out in front of them as they can without letting it come in contact with the ground.

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Wisconsin Energy Assistance: It's that time of the year to prepare for the upcoming heating season. The Wisconsin Home Energy Assistance Program (WHEAP) is a federally-funded program that helps eligible households pay a portion of their home heating costs. The amount of heating assistance benefit depends on the household's size, income and heating costs.

Who's Eligible: You may qualify for assistance if your gross income for the last **three months is less** than the amount shown below for your family size.

<u>Household Size</u>	<u>60% of State Median Income</u>
1	\$ 6,400
2	\$ 8,370
3	\$10,399
4	\$12,308
5	\$14,277
6	\$16,247
7	\$16,616
8	\$16,985

Call LdF Economic Support
at 715-588-4235 to
schedule your
Energy Assistance
Appointment.



A few notes about WHEAP energy assistance:

- It's a one-time yearly benefit payment
- Benefits are available Oct. 1-May 15
- You do not have to pay the money back
- It is not intended to cover the entire cost of heating your home
- Your heating assistance benefit may be sent directly to your fuel supplier

In addition to energy assistance, WHEAP provides the following assistance programs:

- **Electric Assistance (Non-Heating)** helps eligible households pay a portion of non-heating electric energy costs.
- **Crisis Assistance** provides assistance to households that have no heat, received a disconnect notice from their heating fuel dealer, or are nearly out of heating fuel and do not have any way to pay for their heating needs. Proactive non-emergency assistance is also available through the entire year to avoid future emergencies.

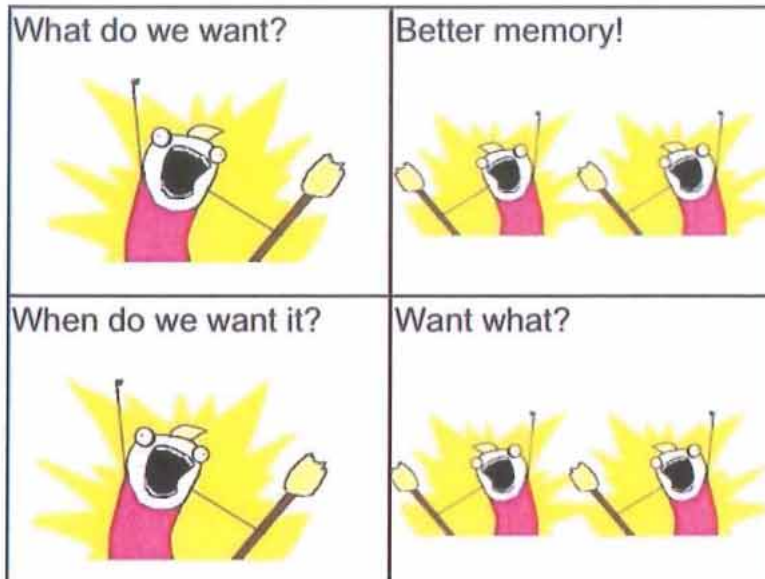
ELDER UTILITIES & RENT ASSISTANCE PROGRAM:

Fiscal Year '16-'17 application will be mailed this month for Tribal Members aged 62 years and older. Please fill out application and return to the Aging Administrative office attention Leslie Johnson.

Please note any changes in income and provide a copy of these changes. Otherwise, we have all income information on file from FY '14-'15 and will not have to update this information until the end of this year—beginning of 2017.

If you have any questions regarding this program please contact Leslie Johnson @ 715-588-4351.

FUN PAGE.....



celebrating
LABOR DAY Word Search

W	U	U	O	H	N	S	Y	A	D	I	L	O	H	Z
S	I	J	I	L	Y	P	P	H	S	O	C	T	L	X
D	E	M	W	E	E	K	E	N	D	U	G	E	I	S
E	T	P	S	I	J	I	L	S	Y	A	D	N	O	M
C	V	K	T	R	M	W	U	U	O	H	N	S	Y	G
F	Q	L	E	E	N	S	I	M	I	L	Y	P	U	H
N	A	O	C	V	M	D	R	M	W	U	U	O	N	S
A	Z	I	F	Q	L	B	T	E	S	I	A	I	A	R
T	X	U	K	R	O	W	E	R	D	Y	D	W	C	E
I	S	Y	M	Z	I	F	Q	R	E	T	A	S	I	R
O	C	T	R	A	V	E	L	O	C	V	K	D	R	O
N	G	E	I	S	D	M	Z	G	N	O	L	E	E	B
A	H	R	O	A	T	L	X	U	K	A	O	F	M	A
L	N	S	Y	G	N	I	D	N	E	Z	I	F	A	L
L	Y	P	P	H	R	O	C	T	L	A	B	O	R	P

Labor Day	Work Long	Summer National	American Monday
Holiday	Weekend	USA	Day
September	Ending	Travel	Off

TV Sayings of the '70s



Television shows of the 1970s were the source of some very quotable sayings that became forever etched in our memories. Can you identify where the following catch-phrases originated?

- What hit variety show debuted on NBC produced catch phrases that were widely copied such as "The devil made me do it" and "What you see is what you get"?

The Carol Burnett Show	The Flip Wilson Show
Rowan and Martin's Laugh In	Hee Haw
- What long-running show featured the phrase "God will getcha for that, Walter"?

All in the Family	Maude
The Honeymooners	Taxi
- In what show did the lead character often clutch his chest and shout out to his dead wife "You hear that, Elizabeth? I'm coming to join you, honey"?

The Bob Newhart Show	Sanford and Son
B.J. and the Bear	The Jeffersons
- What popular show took place in a high school and offered some not words of no-so-wise-wisdom like "Up your nose with a rubber hose"?

Joanie Loves Chachi	Happy Days
Welcome Back Kotter	Alias Smith and Jones
- What show opened with the words "Schemiell Schlimazell Hasenpfeffer Incorporated"?

The Partridge Family	Mork & Mindy
Laverne and Shirley	The Odd Couple

Two Wisconsin hunters go hunting. After a while, one of the hunters clutches his throat and falls to the ground, eyes roll back, and he's lying there motionless. The other one picks up a cell phone, dials 911, and says, "I think my friend is dead! I don't know what to do!" And the operator says, "Just relax. Calm down. The first thing to do is make certain your friend is dead." There's a pause—then a gunshot. And the hunter gets back on the phone and says, "Okay. Now what?"

The Deadliest Job in WWII

My high school assignment was to ask a veteran about World War II. Since my father had served in the Philippines during the war, I chose him. After a few basic questions I very gingerly asked, "Did you ever kill anyone?"

Dad got quiet. Then, in a soft voice, he said, "Probably, I was the cook."

Happy Birthday



Answers to "Sayings of the 70's":

1. Rowan and Martin's Laugh In
2. Maude
3. Sanford and Son
4. Welcome Back Kotter
5. Laverne and Shirley

Theresa Batiste	9	1
Rochelle Conto	9	1
Carla Clements	9	2
Walter LaBarge	9	3
Carol Brown	9	4
Theodore Burgess, Sr.	9	4
Bruce Armstrong	9	6
Georgine Brown	9	7
Robin Carufel	9	7
John Mommert	9	7
Bagwajikwe Madosh	9	8
Rachel Sheppo	9	8
Catherine Teschner	9	9
Wyona Jack	9	11
Michael G Allen	9	13
Jeffrey LaBarge	9	13
Phillip Starr, Sr.	9	13
Bernelle Young	9	13
James Peterson	9	14
Robert Schneider	9	14

Carol Snow	9	15
Carl Martin	9	16
Mary Schuman	9	16
Leon Valliere	9	16
Michael Doud	9	16
Richard Saglin	9	17
Sandra Williams	9	17
Fred Bickler	9	21
Roland LaBarge, Sr.	9	22
Pearl Coron	9	23
Mary Mann, Sr.	9	23
Donna Krause	9	24
Darrell Cross	9	26
Molly Miller	9	26
George Wolfe	9	27
Robert McArthur	9	28
Mildred Schuman	9	29
Cody Bigjohn	9	30
Nancy St. Germaine	9	30
Joyce Ratzlaff	9	30

Happy Labor Day



Administrative Office:

Sharon Thompson 715-588-4385
 Mary Samuelson 715-588-4388
 Leslie Johnson 715-588-4351

ADRC:
 1-800-699-6704

Kitchen: 715-588-4360

Deanna Poupart
 Roz Poupart
 Nancy St. Germaine

Drivers/Activities:

Sed Armstrong 715-439-5791
 John Sharlow 715-439-5797
 Joely Armstrong 715-892-0691










SEPTEMBER 2016

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 Labor Day 5			1 Pork Rib lets Rice Pilaf Carrots Strawberries	2 Taco (Onion, Tomato, Lettuce, Cheese, Salsa & Sour Cream) Refried beans Tostito Chips Nectarines
	6 Bean/Ham Soup Tossed Salad (Lettuce, Tomato) Wheat Bread Cantaloupe	7 Pepper Steak Wild Rice Peas & Carrots Blue Berry Dump Cake	8 Grilled Chicken Sandwich Tossed Salad (Lettuce, Tomato, Cukes) Apple	9 Breaded Fish Mac N Cheese Asparagus Kiwi
12 Tomato Rice Soup Cheese Sandwich Crackers Fruit Cocktail	13 Breaded Pork Chops Sweet Potatoes Cabbage Spiced Apple Rings	14 Chicken Ala King Biscuit Mixed vegetables Nectarine	15 Hamburger BBQ On A Bun Potatoes Chips Cucumber Salad Grapes	16 Italian Pasta Salad (Pepperoni, Noodles, Cheese, Diced Tomatoes, Green Peppers & Cukes) Crackers, Watermelon
19 Spaghetti w/Italian Sausage Lima Beans Garlic Sticks Applesauce	20 Turkey Stroganoff Noodles Brussel Sprouts Watermelon	21 Baked Chicken Breast Wild Rice Stuffing Broccoli Apple	22 Goulash Spinach Salad Corn Bread Mandarin Oranges	23 Chicken Fry Steak/Gravy Mashed Potatoes Corn Bread Jell-O with Fruit
26 Hamburger/Bun (Lettuce, Tomato, Onion) Cottage Cheese Fresh Berries	27 Ham Salad On A Croissant Pea Soup Crackers Honey Dew Mellon	28 Pork Roast Mashed Potatoes Spinach Tropical Fruit	29 Tator Tot Casserole Green Beans Rye Bread Banana	30 Deli Turkey On A Kaiser Roll Potatoes Salad Baked Beans Peaches

MENU SUBJECT TO CHANGE WITHOUT NOTICE

September 2016

Waatebagaagiizis (Leaves Turning Moon)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				SHOPPING/ MINOCQUA 12:30-4:30PM DRIVER: Sed	SHOPPING/ RUMMAGE 8:00-4:00PM DRIVER: John
CLOSED	<p>★ MOVIE NIGHT ★ LAKELAND CINEMA 5:45-10:00PM DRIVER: Sed</p>	<p>Senior Advisory Board Meeting 12:30PM Conference Room</p>	<p>LAKELAND FOOD PANTRY 3:00-6:00PM </p>		
	<p>★ MOVIE NIGHT ★ LAKELAND CINEMA 5:45-10:00PM DRIVER: John</p>			SHOPPING/ MINOCQUA 12:30-4:30PM DRIVER: Joely	SHOPPING/ RUMMAGE 8:00-4:00PM DRIVER: Sed
	<p>★ MOVIE NIGHT ★ LAKELAND CINEMA 5:45-10:00PM DRIVER: Joely</p>		<p>LAKELAND FOOD PANTRY 3:00-6:00PM </p>	SHOPPING/ MINOCQUA 12:30-4:30PM DRIVER: Sed	SHOPPING/ RUMMAGE 8:00-4:00PM DRIVER: John
	<p>★ MOVIE NIGHT ★ LAKELAND CINEMA 5:45-10:00PM DRIVER: Sed</p>			SHOPPING/ MINOCQUA 12:30-4:30PM DRIVER: John	SHOPPING/ RUMMAGE 8:00-4:00PM DRIVER: Joely

PLEASE CALL THE DRIVERS IF YOU NEED A RIDE ** Joely (715) 892-0691 ** Sed (715) 439-5791 ** John (715) 439-5797